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ABSTRACT

This booklet for young children is part of a series that supports national science standards related to physical health and nutrition, describing and illustrating the importance of using the Food Guide Pyramid and eating from the meat and protein group. Colorful photographs support early readers in understanding the text. The repetition of words and phrases helps early readers learn new words. The book also introduces early readers to subject-specific vocabulary words, which are defined in a section on words to know. The eight sections include: "The Food Guide Pyramid," "The Meat and Protein Group," "Kinds of Meat and Protein," "Servings and Energy," "Words to Know," "Read More," "Internet Sites," and "Index/Word List." (SM)

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